



November, 2025

Patient and Visitor

MEMORIAL HEALTH SYSTEM
ABILENE, KANSAS

A MONTHLY HEALTHCARE NEWSLETTER FOR OUR PATIENTS AND FRIENDS

Inside this issue:

Community Impact	2
Patient and Visitor Information	3
Health and Wellness	4
Inside MHS	5
What Patients are Saying	6
Services and Career Opportunities	7

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Memorial Health System: Featured Community Partner of USD 435

We are proud to share that Memorial Health System (MHS) appeared alongside Abilene School District (USD 435) in the latest issue of Business View Magazine as part of their prestigious segment, “Education is the Cornerstone of Kansas Communities.”

The feature highlighted top-performing school districts in Kansas, their impact on the local workforce and economy, and the importance of strategic partnerships in supporting student success. As a key community partner, MHS was recognized for our ongoing collaboration with USD 435, including supporting health initiatives, workforce development, and student well-being programs.

This recognition reflects the shared commitment of MHS. The following article was featured for MHS:

Memorial Health System (MHS) believes that preparing future generations begins long before they enter the workforce. That’s why our involvement with USD 435, especially Abilene High School (AHS), is focused on creating real opportunities for

students to explore, learn, and lead. In healthcare education, we’ve taken an active role in supporting the Health Science Career and Technical Education (CTE) Pathway. MHS Athletic Trainer from our Rehabilitation and Sports Medicine Department, teaches within the program. MHS helped bring HOSA (Future *cont. on next page*



MEMORIAL HEALTH SYSTEM
ABILENE | Salina Regional Health Center
Caring for you.



Enhance the Health and Wellness of All

SERVICES WE OFFER



Respiratory Care
Cardiac Rehab &
Sleep Studies



Outpatient
Services



Dietitian



Skilled Care
Program



Radiology &
Imaging Services



Memorial Hospital
Surgical Services

Memorial Health System affiliates are Memorial Hospital, Village Manor, Heartland Health Care Clinic, MHS Rehabilitation and Sports Medicine, Home Health and Hospice of Dickinson County, Impact Sports and Fitness, and Frontier Estates. MHS is governed by a locally elected five-member Board of Directors. Memorial's efforts to provide quality care are supported by funds gifted to Memorial Health Foundation by community members.

CONTACT US



Memorial Health System, 511 NE 10th Street, Abilene, KS 67410 | 785-263-2100 | www.caringforyou.org



Health Professionals) to AHS by sponsoring its launch in partnership with the Kansas Hospital Association’s Healthworks program. HOSA gives students hands-on exposure to healthcare careers through competitions, workshops, and leadership training.

Our Volunteer Services team facilitates a semester-long senior observation program, where students from Abilene can rotate through hospital departments during their school day.

Volunteers also raise scholarship funds each year to support Dickinson County seniors who plan to enter health fields.

Beyond high school, we support early education as well. At Kennedy Elementary Early Childhood Resource Fair, our Heartland Health Care Clinic (HHCC) staff created a hands-on “doctor for a day” experience, encouraging children to explore medical tools and basic care practices through role-play.

HHCC and USD 435 partner to host a fast-paced but efficient annual sports physical night.

Students receive low-cost exams on-site, helping families meet school requirements while reinforcing the value of preventive care.

Our engagement doesn’t stop with the classroom. MHS is a dedicated member of the CARES Coalition, a county-wide team of leaders working to make family resources more visible and accessible. The coalition meets at the USD 435 building and includes representatives from education, healthcare, government, and other local organizations. MHS played a leading role in developing

the county’s online resource website: caresresources.org.

We also invest in the business side of education. Serving on the AHS Business Pathway Advisory Board and judging at state FBLA competitions, and supporting student growth with the Dickinson County CEO Program. These connections help bridge classroom learning with professional environments.

MHS sponsors key school activities, including scoreboards at the AHS football stadium and in the middle and high school gyms, after after-prom events, and school booster clubs.

Through each of these efforts, MHS seeks to support students where they are, whether that’s in a classroom, at an event, or preparing for their next step. Our goal isn’t just workforce development.

It’s about collaboration, access, and building a stronger, more connected community, and this starts with its youngest members.

Memorial Health System is honored to walk alongside USD 435, growing not only future

MHS EMPLOYEES GIVE TO LOCAL FAMILY AFTER HOUSE FIRE

Employees of Memorial Health System (MHS) wore blue jeans at work, in September, for a “Jeans Day” fundraiser. Employees who made a donation of at least \$5 were allowed to wear blue jeans on Fridays in September. A total donation of \$876 was raised for the Ohl family. The family lost a daughter and all belongings due to a house fire in July of this year.

The Jeans Day was organized by the MHS Employer of Choice (EOC) committee. Pictured are (from left): EOC committee members Megan Williams, Jenn Chaput, Sarah Veach, and Matilda Calvin.



healthcare workers, but also informed, engaged citizens who will shape the future of Dickinson County.

BUSINESSVIEWMAGAZINE.COM

Do you know this about Medicare Advantage?

99 percent of Medicare Advantage plans require approvals and authorizations before care can be given.

According to the Kaiser Family Foundation, 3.4 million Medicare Advantage requested authorizations were denied in 2022.

KHA Kansas Hospital Association

GET EDUCATED ABOUT MEDICARE BEFORE YOU ENROLL!
Know Your Facts



NOW OPEN!

Salina Regional Health Center Outreach Clinic

Memorial Hospital
2nd Floor

SRHC Visiting Providers

- Dr. Speaks - General Surgery
 - Dr. Gray - General Surgery
 - Dr. Klaassen - General Surgery
 - Dr. Battin - Cardiology
 - Dr. Budden - OB/GYN
 - Dr. Gomendoza - Endocrinology
 - Dr. Geitz - Oncology/Hematology
 - Dr. Sandhu - Oncology/Hematology
 - Melissa Crawford, PA - ENT
- STARTING IN DECEMBER!!!

Memorial Hospital Lab Hours of Operation

Monday — Friday
7:00 am to 7:00 pm

Saturday
7:00 am to 10:00 am
(please contact scheduling, walk-ins are not recommended)



MEMORIAL HEALTH SYSTEM
Heartland Health Care Clinic
ABILENE | Salina Regional Health Center
511 NE 10th Street, Abilene, KS (785-263-4131)

WALK - IN CLINIC

Monday—Friday
7:00 a.m. ~ 11:00 a.m.
1:00 p.m. ~ 6:00 p.m.

* Pending Provider Availability *

The purpose of HHCC Walk-In Clinic is to serve those who need non-critical immediate care.

For those little things life throws our way...

Common acceptable treatments may include:

- Cold and Flu
- Sore Throat
- Ear Infections
- Laceration Repairs
- Muscle Strains and Pains
- Minor Aches and Pains
- Skin Irritations

Physician establishment, while encouraged, is not required to receive care through the Walk-In Clinic option. If you would like to become an established patient please talk to any of our staff members during your visit!

Caring for you.

340B RX Program

Memorial Health System partners with local pharmacies to help patients get the medications they need.

IF YOU DO NOT HAVE PRESCRIPTION DRUG INSURANCE, YOU MAY QUALIFY FOR THE 340B RX PROGRAM.

ASK US HOW IT WORKS!

MEMORIAL HEALTH SYSTEM
ABILENE | Salina Regional Health Center
Caring for you.

What the 340B Program is:

This federal program allows eligible hospitals and clinics to purchase outpatient drugs at significantly reduced prices, enabling them to stretch scarce resources.

For hospitals like MHS in rural Kansas, the program helps make access to medicines and services more affordable for vulnerable populations (seniors, low-income families, etc.)

Call us today for more information:

785-263-4131

Take a Breath. Take a Step. Raising Awareness of COPD and Diabetes

November is a time to shine a spotlight on two major chronic illnesses affecting communities across the country: chronic obstructive pulmonary disease (COPD) and diabetes. Though distinct in nature, both conditions require ongoing attention, early intervention, and lifestyle support for those living with them.

COPD: The Breath You Might Not Notice Losing

COPD is a progressive lung disease that obstructs airflow and makes breathing difficult. It includes chronic bronchitis and emphysema. In the United States, the age-adjusted prevalence of diagnosed COPD among adults is 3.8%, with higher rates in older age groups. Estimates suggest more than 11.7 million adults have diagnosed COPD, with many more likely undiagnosed. Women are slightly more likely than men to have COPD (4.1% vs. 3.4%). COPD is among the leading causes of death in the U.S. and contributes substantially to the health care burden. Common risk factors include cigarette smoking, long-term exposure to air pollutants, and occupational hazards such as dust and chemicals. An acute exacerbation (sudden worsening of symptoms) can be triggered by infections or environmental pollutants, and people with COPD may experience on average two to three exacerbations per year.

Diabetes: A Silent Disruptor of Health

Diabetes affects how the body uses blood sugar (glucose). In the U.S., about 38.4 million people, roughly 11.6% of the total population, live with diabetes. Among adults, 29.7 million are diagnosed, while 8.7 million remain undiagnosed. Prevalence rises with age: nearly 29.2% of Americans age 65 or older have diabetes, either diagnosed or undiagnosed. In addition, 97.6 million adults have prediabetes, a condition that often precedes type 2 diabetes. Each year, about 1.2 million Americans are newly diagnosed. The financial burden is high: medical costs and lost wages related to diabetes are estimated to total \$413 billion annually.

Why Highlight Both Together

While COPD and diabetes target different organ systems, they share important themes:

- Chronic management is key.** Neither disease is cured outright, but both can be managed through lifestyle changes, medications, regular monitoring, and support.
- Early detection matters.** Many people with either disease may not know they have it until symptoms become serious.

Learn the Signs

- COPD symptoms:** chronic cough, shortness of breath, wheezing, increased mucus production.
- Diabetes symptoms:** increased thirst, frequent urination, fatigue, unexplained weight change, blurred vision.

Take a small step every day.

- Quit smoking or reduce exposure to smoke.
- Eat balanced meals rich in fiber, lean proteins, and vegetables.
- Stay active! Walking, light exercises, or breathing exercises can help!
- Monitor your health with regular checkups, lung function tests, blood sugar panels, A1C levels.

Sources:

Centers for Disease Control and Prevention. “Chronic Obstructive Pulmonary Disease (COPD) Data & Statistics.” [cdc.gov](https://www.cdc.gov)

American Lung Association. “Trends in Lung Disease: COPD.” [lung.org](https://www.lung.org)

National Heart, Lung, and Blood Institute. “COPD.” [nhlbi.nih.gov](https://www.nhlbi.nih.gov)

Centers for Disease Control and Prevention. “National Diabetes Statistics Report, 2023.” [cdc.gov](https://www.cdc.gov)

American Diabetes Association. “Diabetes Statistics.” [diabetes.org](https://www.diabetes.org)



Memorial Health System Congratulates Devon Shearmire, PA, on Emergency Medicine Board Certification

Memorial Health System is proud to announce that Devon Shearmire, PA, has officially passed her Emergency Medicine Board Certification Exam.

This accomplishment reflects Shearmire’s expertise, dedication, and commitment to providing high-quality care to patients. Her achievement strengthens the department and the health system as a whole.

“Congratulations, Devon, we’re proud to have you on our team,” said Angie Johnson, Chief Nursing Officer.

Hospice Volunteers Honored at Annual Banquet

Home Health and Hospice of Dickinson County celebrated its dedicated volunteers during the annual Hospice Volunteer Banquet held Oct. 30, 2025. The 1950s-themed event recognized the compassion and commitment of those who provide care and comfort to patients and families throughout the community.

The evening included dinner catered by Lucinda, a presentation by Tina Price, and special recognition of the 2025 Quilters Guild. whose members provide a handmade quilt to every hospice patient.

Anna Gugler spoke on behalf of the guild, sharing how the group first began. What started as a circle of friends who enjoyed quilting together, took on new meaning when one of their members was diagnosed with cancer. The group continued quilting in her honor, turning their craft into a heartfelt community project and a lasting way to give back. Since 1999, the Quilters Guild has carried on this tradition, creating countless quilts that have brought comfort and warmth to hospice patients and their families.



Home Health and Hospice of Dickinson County expressed appreciation for the volunteers whose dedication helps make a difference in the lives of patients and their families every day. The following volunteers were honored for their service milestones, including Katie Simmons for 10 years; Janet Edwards and Sharon Volkman for 15 years; Carol Riffel for 20 years; Carol Wenger for 30 years; and Teresa Ottensmeier for 35 years of service.

The program also featured staff introductions, drawings, and closing remarks of gratitude. A special thank you was extended to Joni Cook, Theresa Brierton, and Julie Sprinkle, all who helped plan the event with Taylor Knauss, Hospice Volunteer Coordinator.

what patients are saying.....

Had 3rd yr med student included. Allowed her to do my shoulder cort shot. She did a good job. A bright future ahead for her. Appreciate that our clinic works with these future doctors.

Dr. Hinman is great, listens, answers questions & has suggestions!

The provider we saw, Lori, was great with our son. She was very personable. You could tell that she cared a lot. She's very professional and she definitely set our mind at ease.

Everyone was very helpful and positive and just really made me feel like they were taking what I was saying seriously. They listened, they responded, and yeah, one of my best experiences in a hospital, not gonna lie.

Kelley and the nursing staff did their best to make a visit with two sick kids as pleasant as possible. They were great with the boys and went above and beyond to keep them comfortable and happy. We also appreciate the follow up phone call to check on how they were doing and inform of us of the result of the culture they did.

I had horrible back surgery care in McAllen Tx hospital but follow up with Dr Megan Brown, PT and radiology staff here in Abilene has been phenomenal! Great quality, knowledge & care. My Mama was hospitalized here post back surgery in Salina and your inpatient was just exceptional care! My daughter in KC with breast lump was waiting 4 months for first Mamo & ultrasound, so we checked and y'all got her in the next week! Man we can't praise you enough Abilene Memorial Hospital & Staff!

A big "Thank you" to Dr. Holmes and Amanda. I appreciate their care and advice.

Check out all of the open positions at MHS!

caringforyou.org



VILLAGE MANOR IS
Now Hiring!



Discover meaningful work at Village Manor! Join a staff where you're valued — by your coworkers, leadership, and the community we serve.

We are now offering Sign-On Bonuses for RNs, LPNs, and CNAs.

We have new starting rates in November 2025!

We Take Care of You So You Can Care for Others. Enjoy competitive rates and full benefits.

SIGN-ON BONUSES FOR:

★ RN **\$15,000**

★ LPN **\$7,000**

★ CNA **\$6,000**

All Sign-On Bonuses require a 2 year tie-of-service and are subject to change at anytime.



View Positions & Apply at SRHC.com and join our Abilene Community!

Salina Regional Health Center

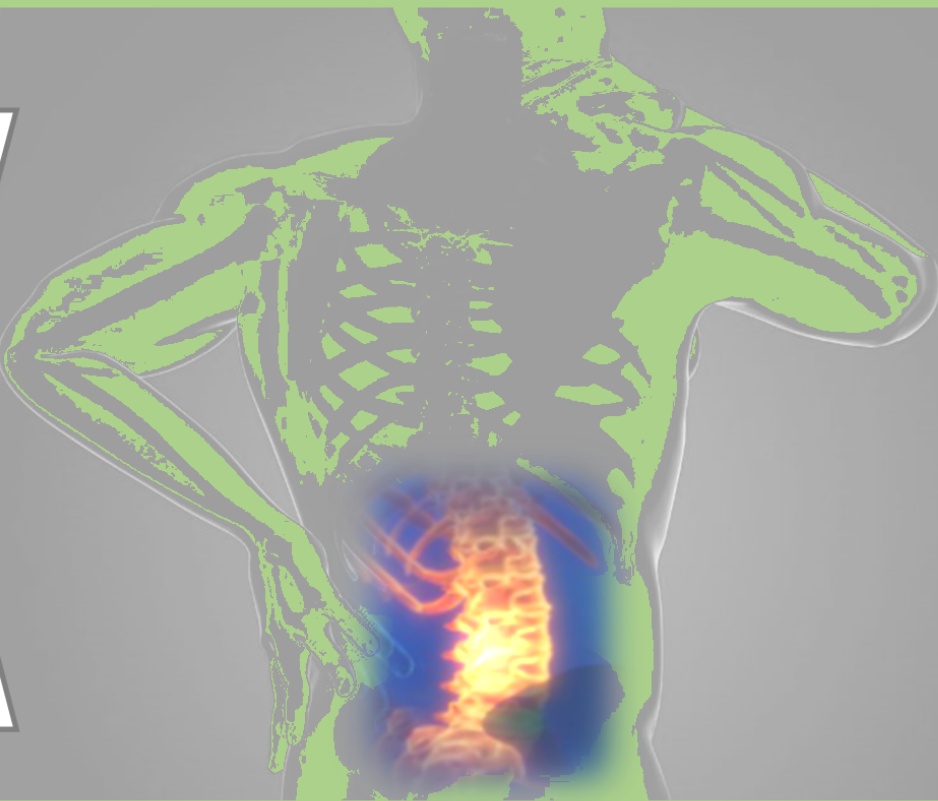


RADIOFREQUENCY ABLATION

(RFA)

Do you suffer from chronic back pain?

Talk to your provider and see if RFA is right for you!





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ABILENE |  Salina Regional Health Center

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511 NE 10th St.
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<https://lp.constantcontactpages.com/sl/CNrmrRU/TheHealthMonitor>

MISSION

Enhance the health and wellness of all.

VISION

Be the healthcare provider and
employer of choice.

CORE VALUES: CARE

Compassion

Appreciation for others

Respect for everyone

Excellence that exceeds expectations



caresresources.org

Looking for resources available in
Dickinson County? Visit the CARES
Coalition website and find what you are
looking for with the new online
resources guide.



*Memorial Health System is a proud member,
and sponsor, of the CARES Coalition of
Dickinson County.*